



# GALA RESULTS

National Age Group Championships 2008

Sessions: 8

Ponds Forge International Pool, Sheffield

Date: 24/07/2008 to 27/07/2008

50 m pool

Gala Age Up Date: 27/07/2008

Event	Heat/HDW	Finals	Position	PB	AGR	MDQT	NQT
<b>101 Boys 1500 m Freestyle</b>							
14 yrs DARIUS SANGHORI	17 : 34.83						
<b>306 Boys 200 m Freestyle</b>							
14 yrs ADAM ROWE	1 : 59.94				✓		
DARIUS SANGHORI	2 : 04.52						
<b>418 Boys 200 m Freestyle</b>							
14 yrs ADAM ROWE		1 : 59.08	3		✓	✓	
<b>501 Boys 800 m Freestyle</b>							
14 yrs DARIUS SANGHORI	9 : 11.22						
<b>503 Boys 100 m Freestyle</b>							
14 yrs ADAM ROWE	54.93						
DARIUS SANGHORI							DQ-ST
<b>509 Boys 400 m Freestyle Relay</b>							
Mixed yrs STAFFORD APEX	3 : 57.57						
<b>607 Boys 100 m Freestyle</b>							
14 yrs ADAM ROWE		54.29	1		✓	✓	
<b>702 Boys 400 m Freestyle</b>							
14 yrs DARIUS SANGHORI	4 : 24.97				✓		
ADAM ROWE	4 : 25.93						

**Boys 4x100m Freestyle Relay Team**

James Riach

Ben Nadin

Darius Sanghori

Adam Rowe

**Gala Achievements Summary**

	PBs	AGRs	MDQTs	NQTs
Totals in Gala:	4	2	0	0